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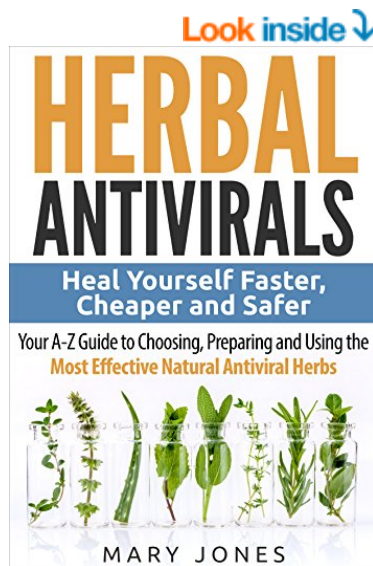
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by [Mary Jones](#) (Author), [Herbal Antivirals](#) (Foreword)

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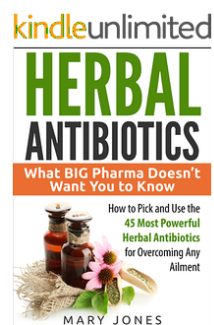
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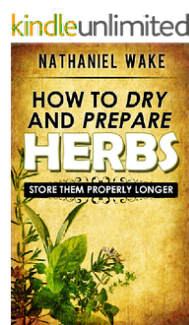
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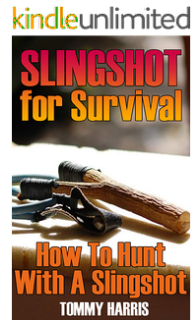
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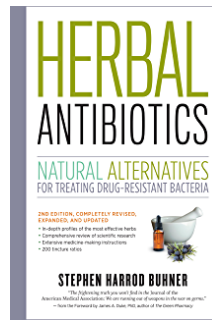


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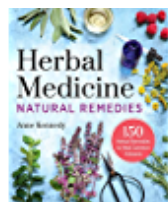
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About the Author

Mary Jones became interested in herbal remedies early on in her life. After becoming frustrated with the ineffectiveness and sometimes severe side effects of synthetic remedies, she started researching whether or not natural cures could be made to the same effect, without the use of synthetic means. After dedicating years of her life to research, learning from natural remedies masters, as well as from doctors that use natural cures to help their patients, she decided it was time to share the knowledge she had gathered with the world. One of Mary's life goals is to make the world a better, happier place, and her writings are definitely a testament to that. She has not just kept all of her research and discoveries to herself. She has elected to share them, in a format that makes them available to just about everyone. And instead of just talking about just the unknown or difficult to find herbs as many naturalists do, she has selected remedies that anyone can make, so that every person can make themselves healthier, easily and inexpensively. Mary's books aren't just about theory, they are about practice; actually fighting infections and ailments naturally!

Product details

File Size: 8366 KB

Print Length: 156 pages

Simultaneous Device Usage: Unlimited

Publisher: Herbal Medicine (December 19, 2015)


Publication Date: December 19, 2015

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B019M0YCRU

Text-to-Speech: Enabled 

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The Bible of herbal remedies and anti virals !

By [Jax](#) on December 30, 2015

Format: Kindle Edition **Verified Purchase**

This book is AMAZING. It is like the Bible of Herbal remedies, herbal antivirals and herbal medicine!!!! I HIGHLY recommend this book if you are interested in learning more about herbal medicine. This book is super easy to use and apply, the breakdown of all the herbs is one of the best I have seen, every herb has the availability, antiviral properties, collection and preparation, dosage, side effects, contraindications, alternatives and other uses. This book is for everyone who is interested in healing naturally and works in an alternative medicine job. I love this book!

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Well done!

By [C. Or J. Mostek](#) on March 3, 2016

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I downloaded this book to keep me occupied during a flight and I'm glad I did. It was exactly the right length to hold my attention. It was long enough to be worth my time yet short enough to avoid being overwhelming. While the subject matter is presented in a way that is well within reach for any novice, I found that the author did a nice job of providing evidence I had not run across before. In this book, she presents myriad new studies that corroborate what traditional herbalists have been teaching for centuries.

This book is well-researched-- the author ACTUALLY cites her sources throughout the book.

I enjoyed the kindle format for this book-- the hyperlinks to other chapters referenced within the book made for a much tiger experience than I would have gotten from a hard-copy book.



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Great ideas and help

I love the recipes that they share. Looking forward to making some of these. I can't wait to have my hubby try the onion honey cough syrup.

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Published 2 months ago by Amazon Customer

A fantastic guide for holistic health!

This is a fantastic guide for anyone even slightly interested in holistic health, or for those who are already using herbs and oils as alternative methods.

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Published 2 months ago by Angela

Some editorial errors, but overall very informative. 4.5 Stars

4.5 Stars

First the bad:

As someone who reads a significant amount, this

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Basic knowledge on herbal antivirals

By [George Simos](#) on June 7, 2016

Format: Kindle Edition [Verified Purchase](#)

I bought this book to learn more about natural remedies that help the body to defend itself against viral infections. This easy to read book was nice for offering basic knowledge on herbal remedies that can be made at home as a first aid for usual illnesses.

What I liked most of all was that all 45 mentioned herbal antivirals had an interesting youtube video explaining. I was happy to find out that many of the antiviral herbs like cinnamon, garlic had in my kitchen. However I read more about other herbs that I didn't know before such as ashwagandha and Siberian ginseng. The links to where to find and buy the herb were very useful. I also liked that the writer mentions the potential side effects of the herbs, the contraindications and the alternatives. That is extremely important because most of the books write about positive effects and don't mention side-effects. For example I didn't know that cinnamon is not recommended for people who use blood thinning medication. It means that if you decide to use natural remedies you should consult the doctor or herbal therapist for the right dosage. I really recommend this book for everyone who want to know more about antiviral herbs and their advantages!

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Amazing home guide!

By [Amazon Customer](#) on June 18, 2016

Format: Kindle Edition [Verified Purchase](#)

Since the first book, Herbal Antibiotics, was such an enjoyable read, I snatched this book off of the digital shelves the moment it came up for Free! Mary Jones provides helpful insight and answers the elusive question, just what are herbal antivirals? Well, think of a medicine you would take for a viral infection, and then substitute or add natural herbal ingredients which can alleviate some of the symptoms. Ask a physician first! She tells the dos and don'ts when using both types of medications, whether that be herbal or conventional, and advises what to avoid when suffering from viral infections.

She provides so many different ideas for herbal antivirals. From cats claw which protects the immune system to betony which works to fight the influenza virus, you will find an herb that will help alleviate probably all of your viral diseases, to an extent of course. Very professional look and layout with so many resourceful graphs, pictures, and links to videos. The instructions are clear, and dosages are easy to follow. Tells you what to avoid if you are pregnant or suffering other illnesses. Jones even provides recipes to help alleviate and prevent, and don't even get me started about the cinnamon and elderberry soup! It was

book needs an editor. There are many small things that start to add up. [Read more](#)

Published 5 months ago by Jon E Schellinger

Nature's path to antivirals!

I have often thought that viruses are tough to manage and the existing measures to modern medication seem to be slow responding to its mutations. [Read more](#)

Published 11 months ago by Luke

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I am disgusted by this author who blatantly stole the title to two of Stephen Harrod Buhners excellent books. Obviously NOT coincidence! It happened twice! Herbal Antibiotics, 2nd Edition: Natural Alternatives for Treating Drug-resistant Bacteria and [Read more](#)

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Two Stars

When I downloaded this it was free now I am being charged??? [Read more](#)

Published 1 year ago by Susan

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refreshing and so exhilarating to rid my body of toxins. All in all, the book provides excellent information and great alternatives to conventional medicine.

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Herbal Antivirals are my favorite remedies!

By [Calvin John Ludwig](#) on April 11, 2017

Format: Kindle Edition **Verified Purchase**

In this day and age receiving medical care can be incredibly expensive and many people are choosing the route of herbal alternatives to mainstream medicine. It is essential to care for ourselves, but we can only do that when we are armed with the correct knowledge. Mary Jones' book is a hugely relevant wealth of information for anybody who seeks to improve their health using herbal remedies and useful herbs to maintain good health. I for one have benefited largely from the application of ginger and eucalyptus to ease the symptoms of painful and chronic bronchitis. This is a book that I plan to keep around for my family in times of illness, for sure!

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Heal Faster , Cheaper and Safer

By [Wanne Williams](#) on November 21, 2016

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Herbal Antivirals is a very informative book tat shows you how to properly prepare, dose and take these natural medicines yourself. This book must be in every house

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Five Stars

By [Pauline Haney Hughes](#) on May 1, 2017

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Good information

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I made a scrub out of this book,

By [Cynthia Muhammad](#) on August 10, 2016

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I made a scrub out of this book , gave it to my sister and coworker who had a cold and they recovered quickly

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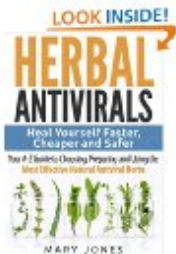
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